AYURPRANA

SEQUENCE: BACK

MODIFIED AND SIMPLIFIED

Note: Ask the client what the most comfortable position is for them - consider offering a bolster or pillow under the ankles or hips.

1. **Urdhva Skandha**
2. **Manyamani**
3. **Prushtha**
4. **Amsa Phalaka**
5. **Bruhati**
6. **Vrukka**
7. **Kukundara**
8. **Kati**

Note: Closing sequence to ground them. Assist the client as you bring them out of the treatment.

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